



National Nutrient Database for Standard Reference
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Statistics Report 09241, Peaches, canned, heavy syrup pack, solids and liquids

Report Date: June 30, 2017 17:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.28	529	0.063	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Energy	kcal	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 08/1982
Energy	kJ	310	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 03/2007
Protein	g	0.45	310	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Total lipid (fat)	g	0.10	251	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Ash	g	0.24	335	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Carbohydrate, by difference	g	19.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 08/1982
Fiber, total dietary	g	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 02/1995
Sugars, total	g	18.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 03/2007
Minerals													
Calcium, Ca	mg	3	283	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Iron, Fe	mg	0.27	316	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	5	239	0.062	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	11	271	0.109	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	92	311	1.114	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	6	326	0.152	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.09	178	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.051	178	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.045	54	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F 1 2 3 4 5 6	µg	6.8	30	0.371	3.9	8	12.0	5.987	7.605	6	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	2.8	609	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.011	273	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.024	278	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.614	323	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	μg	3	3	0.547	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	3	3	0.547	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	4.1	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	17	597	0.297	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	μg	165	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Cryptoxanthin, beta	μg	68	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	332	597	5.931	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09236	12/2002
Lutein + zeaxanthin	µg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09236	12/2002
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09236	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09236	12/2002
Lipids													
Fatty acids, total saturated	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers ^{7 8}	mg	1.2	--	--	0	2.49	--	--	--	--	--	--	--
Proanthocyanidin trimers ^{7 8}	mg	1.2	--	--	0	2.44	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ^{7 8}	mg	1.3	--	--	0	2.54	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ^{7 8}	mg	0.1	--	--	0	0.17	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ⁷	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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⁴Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

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⁶RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace The fluoride content of foods and beverages from negligibly and optimally fluoridated communities., 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

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